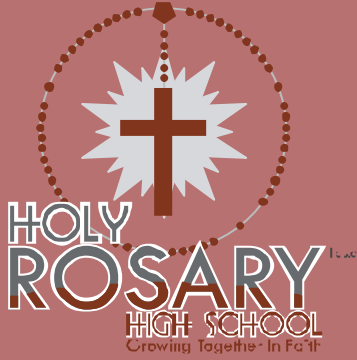


# December 2011



## HOLY ROSARY HIGH SCHOOL NEWSLETTER

6611—39 Street

LLOYDMINSTER, AB T9V 2Z4

780-875-3600

[www.lcsd.ca/hrhs/](http://www.lcsd.ca/hrhs/)

### Important Dates for December

**Monday December 5th—Semester 1 Stewardship Hours due**

**Monday December 12th—Progress Reports**

**Wednesday December 14th—Early Dismissal @ 2:30pm.**

**Thursday December 15th—Advent Reconciliation @ HRHS**

**Friday December 16th—Advent Reconciliation @ HRHS**

**Tuesday December 20th—Gr. 8 & 9 Advent Mass @ St. Anthony's**

**Wednesday December 21st—Advent Mass Gr. 10 to 12 @ St. Anthony's**

**Thursday December 22nd—Early Release @ 2:30pm.**

**Thursday December 22nd—Last Day of Classes**

**December 23rd to January 6—Christmas Break**

**January 9th, 2012—Classes Resume**

***Parents, has your Email address changed, or have you moved across town or are you new to Holy Rosary?***

If so, please contact Alisa Lever at ([alever@lcsd.ca](mailto:alever@lcsd.ca)) or call the School Office @ 780-875-3600 so we may update our records.

Thanks! :)



**...just as you did it to one of the  
least of these brothers and sisters  
of mine, you did it to me.”**

## **French Conversation Club**

Come to Room 220 every Friday at lunch hour. Bring your fries or bring your lunch. This is an opportunity for all students to practice their French Language Skills with Mme Russell. Starts Friday, December 2<sup>nd</sup>.

Mrs. Russell  
Rm. 220

Any parents who would like to be placed on the email list to receive information related to post-secondary or scholarship information, please advise Mr. Steuart with your email address at [csteuart@lcsd.ca](mailto:csteuart@lcsd.ca). Please indicate which grade your child is in.

## **P.E. News:**

The HRHS PE Department has been busy with their second round of Fitness Testing including the 12 Minute Run, Beep Test and Strength and Flexibility Testing. All classes will be starting Basketball Units, Strength/ Fitness Units and Curling/Bowling Units. Fitness levels are improving, the students are working hard, having fun and realize the importance and benefits of Daily Physical Activity.

**Sr. Boys' Basketball** – The Basketball season at HRHS is underway! The Senior Boys have held tryouts and selected their team. Their home tournament is December 1 – 3 at HRHS. This season's team is young and talented. Seven veterans return from last season's squad and are joined by 8 newcomers.

• Jame Repp	12	Forward	11
• Riley Morrell	4	Center	11
• Bray Josue "Capt"	8	Point Guard	11
• Clay Graf	13	Forward	11
• McNil Guerta	11	Guard	11
• Jessie Wangler	2	Guard	11
• Royce Hernandez	7	Guard	11
• Justice Zweifle		Forward	11
• Cole Hancheryk		Forward	10
• Ian Sicat		Guard	10
• JP David		Forward	10
• Joey Hydukewich		Forward	10
• Aljon Borabo		Guard	10
• Darrion Fox		Post	10
• Lexcel Borabo		Guard/Manager	10

**Coach:**  
Scott Lumbard

**Assistant Coaches:**  
Brayden Wangler  
Nic Sapiha

The SLC is preparing to host our 22<sup>nd</sup> Annual Christmas Dinner Dec 22<sup>nd</sup>. We will once again need parent volunteers to assist in cleaning up the kitchen after lunch and helping with preparation of food as we get ready for the lunch. If anyone can help, please contact Mr. Lucas regarding how and when you are available.

Thank you in advance to helping to spread a little Christmas Cheer.

Need stocking stuffers for your students? Then come check out the tuck shop! We have mittens, toques, scarves, socks and many more items for sale. Our tuck shop is open every Thursday at lunch hour, or by specific request to Mrs.Bentz. We will once again be holding our annual Christmas Dinner and Talent show on the last day of school before Christmas break, December 23<sup>rd</sup>. Parents and alumni are welcome to join us, at a cost of \$5 for the meal. Please pay at the front office or to Mrs.Bentz.

Come out and enjoy a delicious turkey dinner with all the fixings and sit back and enjoy some of HRHS's finest talent!



HRHS SCC is looking for parents to help out in the kitchen, serve and clean up for the students Christmas Dinner on Thursday, December 22, 2011. Please see it in your heart to share a little time even if it's for one or two hours between the hours of 11am-3pm. Please respond to Anita the SCC Secretary at [ajkulfert@sasktel.net](mailto:ajkulfert@sasktel.net) before Monday December 19, 2011.

MERRY CHRISTMAS  
AND A  
HAPPY NEW YEAR FROM THE HRHS SCC.

# Addiction and Mental Health News

## National Addiction Awareness Week November 13-19, 2011

**National Addiction Awareness Week (NAAW)** is an opportunity to provide information and promote activities that raise awareness of how alcohol, other drug, tobacco and gambling issues affect people.

Often parents ask, “*What are some things I can do to prevent addictions within my family?*”

Here are some small actions you can take to make a big difference.

Talk to your children about alcohol, tobacco, other drugs and gambling in an open and honest manner.

Be a positive role model.

Listen, listen and then listen some more.

Negotiate realistic family rules and expectations, and allow children to have a say in these rules.

Eat at least one meal together as a family every day.

Let children decide on a fun family activity to do together.

Read to your children and have them read to you.

Praise children often. Tell them what they are doing well.

Get to know your children’s friends and their parents.

Teach them skills, e.g., how to cook, sew, or ride a bicycle.

Create opportunities for constructive use of their leisure time. Play games with them, go for walks or bike rides, take them to the library.

Attend your children’s activities (e.g., sports games, piano recitals).

Be their biggest supporter

In the day-to-day, simple interactions we have with youth, we can build strong, caring relationships and empower youth to make healthy choices for themselves.

### Tips for opening up the discussion

Let your children know that you are open to conversations with them and want to hear their thoughts. You can do this in a casual or a more planned way (for example, at a family meeting). To open up the discussion, it is helpful to:

Try to avoid lecturing or sermonizing and focus more on having an open discussion

Keep a relaxed attitude and encourage your children to ask questions and to tell you what they think

Try to understand your child’s point of view

Don’t expect teens to agree with you about everything just because you are the parent. (Keep in mind, though, that parents have rights too!)

Develop active listening skills

Be as concise and objective as possible when explaining the facts about drugs and discussing the pros and cons

***November 13-19<sup>th</sup> is National Addictions Awareness Week across Canada. Help celebrate and make a difference in a young person’s life!***

For more information and to find an addiction services office near you, please call the  
24-hour Helpline at  
1-866-332-2322 or visit  
[www.albertahealthservices.ca](http://www.albertahealthservices.ca)

**REVISED EXAM SCHEDULE (Nov. 29/11)  
JANUARY, 2012**

<b>Time</b>	<b>Monday January 23</b>	<b>Tuesday January 24</b>	<b>Wednesday January 25</b>	<b>Thursday January 26</b>	<b>Friday January 27</b>
<b>9:00</b>	CE / EC 8 CE / EC 9 CE / EC 10 CE / EC 20 CE / EC 30	English A10 English 20 English A 30 English 8 ELA 8 Imm English 9	English B 10 Chem 20 Math A30 Math C30	Science 10 Sciences 10 Social Studies 20 History 30 Social Studies 8 Social Studies 9 Science Humaines 8 Science Humaines 9	History 10 Psychology 20 Biology 30
<b>1:00</b>	Chemistry 30 En. French 8, 9,10 Francais 8 Francais 9 Cosmetology 10	Physics 20 Physics 30	English B 30 Math 20 PC Math 20 Founda- tions Math 8 Math 9	Math 11 Math 10 FPC Math 10 W/A Science 8 Sciences Naturelles 8 Science 9	Science 11 Science 21

**REVISED EXAM SCHEDULE (Nov. 29/11)  
JANUARY, 2012**

**Final Exams written in class January 19/20:  
Cree 10 / 20 / 30, Native Studies 30, Math B30,  
Science Sociales 30, Histoire 20, Histoire 10,  
Biology 20**